

Pre-Op and Post-Op Exercise for Spine Patients

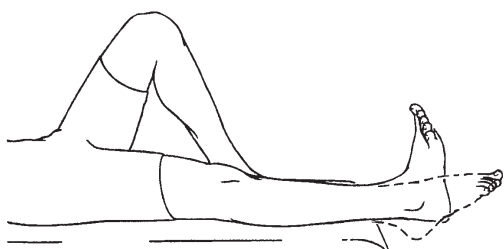
Gentle exercises help stretch and strengthen your trunk and leg muscles. By exercising pre-operatively you can begin to train your muscles for the exercises and movements you will be doing post-operatively. You will do some of these exercises after surgery with the help of your physical therapist.

Before performing the exercises, use proper body mechanics as you position yourself on a firm surface or bed. Avoid twisting or bending your back. Think of your body as a log from your shoulders to your hips. Keep your ears, shoulder and hips in alignment.

Start performing these exercises today and continue until the day of your surgery. Do them twice each day while lying on a firm, flat surface such as the bed or couch. Do them slowly and gently without increasing your pain. Remember to continue breathing while exercising.

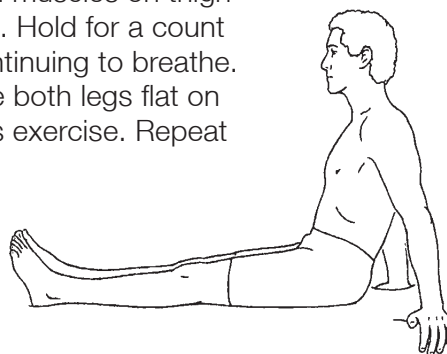
1 ANKLE PUMPS

Move ankles up and down and around in circles. Repeat a minimum of 10 times.



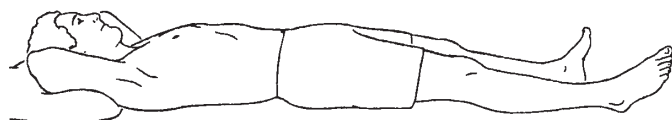
2 QUAD SETS

Slowly tighten muscles on thigh of straight leg. Hold for a count of 5 while continuing to breathe. You may have both legs flat on bed to do this exercise. Repeat 10 times.



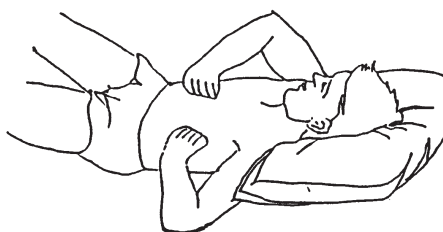
3 GLUTEAL SETS

Pinch your buttocks together and hold contraction for a count of 5 while continuing to breathe. Repeat 10 times.



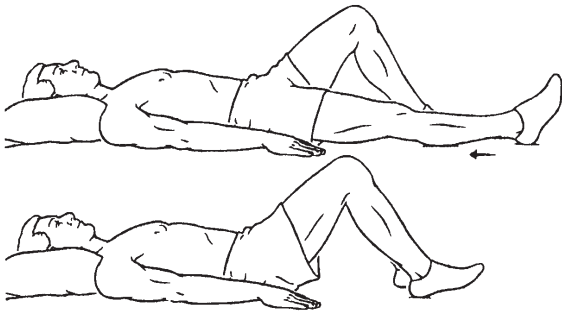
4 ISOMETRIC ABDOMINAL SETS

Lying on your back with your knees bent, place your fingertips on your lower abdominals. Tighten your abdominals as if you were pulling on a tight pair of pants. Hold for a count of 5 while continuing to breathe. Repeat 10 times.



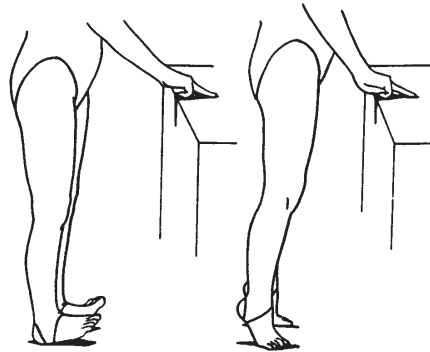
5 HEEL SLIDES

Contract lower abdominals, bend knee and pull heel toward buttocks. Straighten knee, relax abdominals and repeat with other knee. Repeat 10 times, 3 times per day.



6 HEEL RAISES AND TOE RAISES

Stand erect without leaning forward. Your hand may touch something for balance only. Tighten abdominals and buttocks. Rise on balls of feet with knees straight. Return to starting position. Now raise toes up toward ceiling without moving trunk.



7 SIT TO STAND

While sitting at the edge of bed or chair, scoot buttocks to the edge of the sitting surface. Slide feet back to place underneath your buttocks. Lean trunk forward while bending at your hips (not back). Push with at least one or both hands on the sitting surface while pushing with your legs to attain standing.

To sit down, back up to the sitting surface until you feel the bed or chair against legs. Sit hips back towards the sitting surface while reaching with one or both hands. One hand may remain on assisted device such as a walker or cane, while sitting down. Slowly lower self down onto sitting surface until you feel your buttocks securely on bed or chair.

